

Trekkers Mountaineering Club Glenageary Co Dublin www.trekkers.ie

Number 78—January 2024

Editor's Note

The last issue marked the departure of Fran O'Rourke as Newsletter Editor. For the past 3 years Fran has applied her journalistic experience to the task and has introduced interviews with members, as well as new features such as books and recipes. Her tenure included the relatively news-less days of the lock-down. That was a difficult task and Fran handled it with energy and enthusiasm. A big thanks from all Trekkers for your important work. On behalf of all members can I also offer our condolences on the recent death of your sister.

The Newsletter appears 3 times per year and your new editor would greatly appreciate contributions for the May issue: photos, reviews of books or gear; accounts of memorable walks or other news relevant to trekking.

Jim Ryan

Chair's Notes

John Hegarty

This edition marks the handover to a new Editor. Fran O'Rourke has been Publicity Officer, including Editor, for the last three years. She has brought her great and well-established skills as a journalist to creating a varied and high quality newsletter. Many of you will have felt her gentle tap on the shoulder for a contribution, and were glad to do so. On behalf of the Club, I want to say a big thanks to Fran and to wish her enjoyment of her newly found free time. Jim Ryan generously took up where Fran left off. While Fran left big shoes to fill, Jim has big feet so we look forward to seeing his publications.

The last AGM also saw the retirement of Mark Taylor as Treasurer, ans his replacement by Padraig O'Fathaigh. Big thanks to Mark for keeping smooth control of the club's finances and welcome to Padraig. Other changes include twenty new members who bring new energy and enthusiasm. Welcome to all. It is heartening to see the great interest to join the Trekkers and we will likely admit more new members in the course of the year. Many of you will also be aware that we have been experimenting to optimise the number of walks weekly and monthly in the context of demand and leadership availability. We hope to bring this phase to conclusion in the short term .

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The LUG Walk 1984—and then there were two.

Within the first 18 months of the Trekkers, club, 11 members had climbed Lug and completed the Wicklow Way. However, the 14th walk in 1984 faced the most strenuous challenge against the terrain and the elements. The following (submitted by Monty Tinsley) is an account of this walk by Shaun Trant, the founder of Trekkers.

The Lug is a long and arduous walk of 33 miles organised annually (now every second year) by the Irish Ramblers Club, on the Saturday closest to mid-summer day. There are three sections: The first is from the Stone Cross in Bohernabreena over the six mountains — Slievenabawnoge, Ballymorefin, Seahan, Corrig, Seefingan, Kippure and down to Sally Gap. The Second: from Sally Gap over Carrigvore, Gravale, Duff Hill, Cleevaun East, Mullaghcleevaun, Barnacullia, Tonelegee and down to Wicklow Gap. The Third: from Wicklow Gap

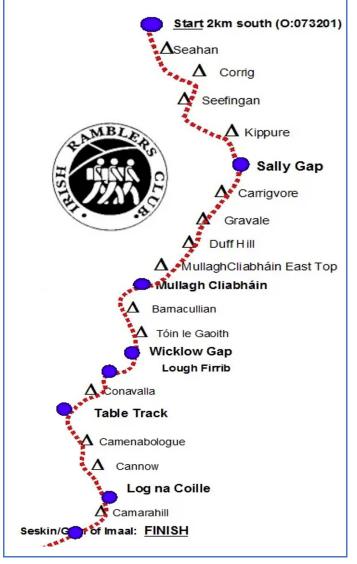
over Turlough Hill, Lough Firrib, Conavalla, Table Mountain, Table Track, Camenabologue, Cannow, Lugnaquilla, Camare Hill to the Glen of Imaal.

The 19 summits present many navigation problems and it can take 12-18 hours to complete. Padraig O'Morain and Sean Pender, both strong and competitive, were keen to do it, strongly supported by Jack Langan. Eddie Pender was also interested. In the event seven went: Jack, Padraig, Sean, Eddie, Shaun

Trant and his son Fergal together with Therese Kane from the venture unit of Sandycove Sea Scouts.

Shortly after 4 am on Saturday 23rd June 1984, my wife Eileen drove us to the start in Bohernabreena. We were walking by 5.00 am. The morning was clear and everybody was in good spirits and the chant 'All the way to Lug' floated in the air. There were no navigational problems on the six mountains and we got to Sally Gap at 9.30 am where tea and sandwiches were provided. During the second half of this stage Therese showed signs of tiring but refused to consider pulling out.

Early in the second stage the weather deteriorated. Cloud closed in, and a rising wind brought heavy driving rain and biting cold. Before we reached Cleevaun East, thick cloud enveloped us and we lost contact with other walkers. From now on navigation became a major concern. The ridge between Mullaghcleevaun and Tonlegee is long and rough with a dog-leg in the middle which makes it easy to go off line. We were keeping to the left, eastern side of the ridge over Glenmacnass. However, in poor visibility we had drifted over to the western side. When we crossed a



stream, Fergal pointed out that it was flowing in the wrong direction relative to our route. We changed direction, relying more on instinct and 'feel' than on anything scientific. Tonlegee took a long time but

eventually we got there. Therese was wet through, and exhaustion was setting in. We gave her what encouragement and assistance we could, but reduced our pace to accommodate her. We reached Wicklow Gap at 2.30 pm. Route finding and Therese's condition had occupied all my attention and I did not realise

until then that others were also suffering. Jack and Eddie were at what was probably an advanced stage of hypothermia. They had lost co-ordination of effort and could not speak coherently. Jack was unable to drink a cup of tea because he could not find his mouth and Eddie, normally so quiet, became aggressive when Sean tried to help him. They were both treated in an ambulance at the Gap. Therese, Jack and Eddie did not go any further.

Fergal and Padraig were in good spirits but wet and cold. With five to six hours walking ahead of us, they wisely decided to call it a day. Only Sean felt in condition to continue. Sean and I left Wicklow Gap on the ESB road to Turlough Hill. We had not gone too far



when Sean remembered that he had left his check-card for the route with Eddie. He decided to go back for it. He trotted back.!!

The weather continued to deteriorate. A gale-force wind blew and there was persistent bitterly cold driving rain. Visibility was almost nil. At Lough Firrib there was a brief, pleasant surprise. The lake is not easily found, even in good conditions. It is a check point on the Lug Walk and it was held by one man in a small tent. Aware of the danger of missing the lake in the conditions he had kept up a constant blowing on a whistle. We found him and it turned out that he was a friend of mine, Sean Murphy, whom I had not seen for some time. He gave us directions and advice, including "you might be well advised to turn back now". We pushed on.

Over Conavalla and down the isolated valley, nameless and beautiful, at the head of Glenmalure. We had a short break in some shelter but our hands were too cold and lifeless to unscrew the top of the water bottle. We drank from the river. Near Table Mountain we met a small group from Tyndall Mountaineering Club in Kilkenny. I had met them previously on a climbing weekend from Westport. The direction they were taking would have brought them down to Glenmalure. They joined us and we brought them to the checkpoint at the head of Table Track.

By this time, in those pre-lamination days, my map was in shreds. I was relying on recollection which, in the appalling weather conditions, was not reliable. On Cannow Mountain we strayed off-line for the second time that day. Again, we drifted to the right on this long and complex ridge. By the time I had satisfied myself that we had gone astray and had changed direction sufficiently to correct the error, we had lost valuable time. We reached the summit of Lugnaquilla in a state of triumph. This was the highest point of walk and from here it was all downhill. The trouble was that I had not walked the route from the summit to the Glen of Imaal before, my map was gone, there was no break in the weather and both Sean and myself were tired. We sat in the shelter of the summit cairn to eat some chocolate and I told Sean we would wait and follow whoever went our way. When two other climbers set off from the summit we were not far behind them.

For a while, things went well. The stress had gone by letting somebody else do the route finding. Then we started going steeply downhill and our 'leaders' waited for us. They said they were not sure of the way, and they had been reassured by our being behind them, but we were now descending too steeply and had

The adventure was a valuable learning lesson for the fledging club and put navigation skills at the top of our mountaineering ladder. This project was greatly helped when John Furey joined the Club in 1985 and he developed procedures for future training methods to a very high degree.

probably gone astray. Twice before on that day I had drifted offline and to the right, so I reasoned that circling to the right in poor visibility was atavistic and had happened again. We made a generous change of direction to the left. The logic may have been weak but it worked.

We picked up the Camara Hill track and stuck to it grimly until it brought us to Fenton's Pub in Seskin. We arrived there at 8.00 pm, 15 hours after we had started. Padraig and Jack had driven down to meet us and we were very pleased to see them.

Trekkers in Provence

The Trekkers trip to Provence, France (26.9 to 5.10) for B/C walkers is now full. It will include a mix of landscapes from hill-top villages, plateau with lavender fields and river gorges and walks on the Riviera with its mix of Estérel and coastal landscapes. We will be based in Greoux le bain on the coast (see one local view below) and later in St Raphaël in the mountains.



Dolomites Sept '24

Declan Coughlan

Planning for a trip to the Dolomites is well under way. Peaks in the Dolomites, a range in the northern Italian Alps, rise to above 3,000 metres. Twenty one hardy Trekkers have committed to the challenge. Starting with a 'warm-up' hike to the Austrian border, we will trek "Hut to Hut" staying 3 nights in Refugios We will carry all we need in packs on our backs. Fitness levels will be honed over the coming months to prepare. Social skills will certainly be put to the test as we will share what we have 24/7.

Our last day, planned by Louise Martin, is Via Ferrata (Italian for "iron path") which is a preset climbing route characteristic of some Alpine locations. Falls are prevented by steel fixtures such



as cables and railings which the climber can either hold onto or clip into. All will be finished off in a superb hotel in which the tired climber can wind down and relate their tales of heroism while sampling Italy's finest wines and foods. Compliments to Aurimas and Jūratė and their helpers for organisation of previous trips and here's putting it up to them for the Trilogy.

Training Plans 2024

Alan Kane

The start of 2024 seems a good time to outline plans for future training. These are relevant for all, regardless of how long they have been members but are especially relevant for recent members. The main driver is to support members in the roles of Walk Leader and Co-Leader. While training is not a requirement, it is highly recommended. The types of training provided are: First Aid, Leadership Training, and Map Reading & Navigation.

First Aid: This 6-hour course consists of: (a) a theory session (3 hours) on Zoom and (b) a practical session (also 3 hours) which is delivered by an external trainer in the pastoral centre of St. Brigid's Church in Cabinteely. The course accommodates a max of 10 trainees and will be run twice between April and September. When dates are agreed, I will email members and fill the places on a 'first come first served' basis.

Leadership: This covers all the practical aspects of managing the different scenarios that can occur. It takes a full day with an indoor morning session and an afternoon session in the Brockagh Resource Centre, Laragh. It

is delivered by 3 of our experienced leaders: Mary Murphy, Farannan Tannam and John Casey. The course can accommodate a max of 7 trainees and will be run twice between April and September. When dates are agreed, I will email all members and fill the places on a 'first come first served' basis.

Map Reading/ Navigation:

This 2-day course consists of: (a) classroom sessions in the pastoral centre of St. Brigid's Church in Cabinteely village and (b) practical sessions in Cabinteely Park and in Crone Wood. The course is delivered by myself, ably assisted by 3 experienced leaders from within the Club. The course accommodates a max of 12 trainees and will be run twice between May and October. As soon as dates have been agreed, I will email all members and fill the places on a 'first come first served' basis. The other aspect of this course is Navigation Practice Walks (NPW), during which members have the opportunity to practice the skills they learned. This includes preparing a Route Card and leading walk stages with the support of an experienced leader. While these walks are targeted at those completing the full course, they are open to all members. See Top right for the dates of these walks.

2024 Navigation Practice Walks

January 21st, Sunday

February 14th, Wednesday

March 24th, Sunday

April 18th, Thursday

May 19th, Sunday

June 19th, Wednesday

July 21st, Sunday

August 22nd, Thursday

September 8th, Sunday

October 16th, Wednesday

November 17th, Sunday

Birthday greetings and congratulations to the three Trekker members who have reached the status of nonagenarian:

Fergal Mulloy and Fred English are now 90; and Eugene Logan is 93.



Trekker Diary Dates

Saturday 7th Sept: Memorial Day Walks and Dinner – Glenmalure, Co Wicklow

Tuesday 15th Sept: Annual General Meeting – National Yacht Club, Dun Laoghaire

Sunday 8th December – Annual Christmas Party

Membership Update

The club closed to new members in February 2023 for an initial period of 9 months. This was because the rapid increase in membership had put a strain on availability of walk leaders. During this period, a comprehensive programme of training has been rolled out and the ranks of leaders or co-leaders have increased. The club re-opened for applications on 1 November and this was publicised to members and on our website. The process was that expressions of interest were logged on a 'first-come first served' basis, and places were limited to a total of 20. Such was the interest that 36 applications were made and 20 of these were received before 8.00 AM on that day.

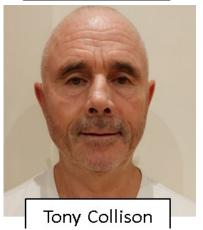
As a first stage in entry, all 20 were required to attend a Walk for the purpose of vetting their trekking ability. Four applicants completed their Guest Walk on a regular Trekker walk. While the committee attempted to continue this practice for all applicants, it has proved logistically difficult to organise because of the numbers involved. The challenges include identification of suitable walks, and securing a place for guests on such walks.

Our Membership Officer, Áine Allen, arranged special Guest Walks for the remaining appli-

cants. These were a great success and proved very effective in informing applicants about Trekkers, and vice versa: 18 new members (pictured here) have been admitted and two others are still in the process.

In future, applications can be made at any time but admission will be determined by the committee based on capacity to administer the numbers. Where further members are considered, they will be taken from the waiting list in strict order of their application date. Participation in a special Guest Walk will also be a requirement for all applicants. Further details are in the document on the Trekkers website entitled "Guest Walk Policy and Membership Application Process"













Welcome to our new Members























Christmas Party

Michael Brady

The annual Christmas Party on 10 December was attended by over 80 people. It was a great turnout, about 1 in 3 of our membership with a sprinkling of older and newer members. Killinev Golf Club is a perfect venue, large dining room, full bar, good food and service and of course a dance floor. It also offers a nice space for pre-dinner drinks, greetings and hugs as people arrive. It helps that several Trekkers are also members of the Golf Club, else the rowdier crowd might be barred. Great atmosphere, great fun, loads of mingling and chat. It is always nice to see people in their glad rags rather than mountain gear and didn't we all wash up very well. Mary Murphy's pre -dinner quiz got people off to a flying start, even if it brought out the competitive edge in some - mighty craic! John Hegarty welcomed us and announced the most active walkers and leaders. The music got us up on the floor, movers and shakers the lot of them. The floor was never empty and possibly exceeded the high standard of dancing set at the Summer Party. Thanks to the committee for their encouragement of these wonderful social gatherings which are a hugely important part of our club. A special thanks to the organising committee, these events don't just happen. Part of the president's table below, and more shots on Pages 14 /15.





Pure Mile Update

Catherine Almond

Have you ever wondered what you can do to make even a small impact on protecting the environment - well there is something. Did any of you hear the interview with Ian Davis of the Pure Project on RTE News at One on 8 January about illegal dumping in the Wicklow and Dublin mountains? Or did you watch the RTE climate action programme "Heated" on 26 October featuring the Trekkers? The Pure Project (Protecting Uplands and Rural Environments) raises awareness of the litter problem affecting us as users of the beautiful Dublin and Wicklow uplands. For the second year running Trekkers involvement with Pure Mile was recognised by an award for our help in keeping an area of the uplands litter free. We hope to continue that involvement and propose to organise 4 litter pickups, 2 in the Spring and 2 in the Autumn. As things stand we have allocated Thursday 14 March, Sunday 28 April, Sunday 20 October and Thursday 14 November for these litter picks. We will email you nearer the time seeking volunteers.

Our allocated area - the Glenasmole and Cunard Road area of Glencullen is beautiful and accessible, which is why litterers are drawn to it! We scour roadsides and pick up detritus and bag it for collection. We do not collect the tons of waste dumped by fly-tippers. Gloves, litter-pickers, Hi-Viz jackets, rubbish bags are provided. If you would like to dedicate a couple of hours to our precious mountains, you can get Further info from Catherine Almond catherine.almond@hotmail.com

Sugarloaf Repair Project

Wicklow County Council plans to implement the 'Sugarloaf repair project' to avert further damage to the landscape and the biodiversity of the mountain, and to facilitate climbers. It will include renovation and fencing of the car park, and habitat restoration to encourage native species. A "sustainable, hard wearing trail surface" will be built to the upper shoulder consisting of stone steps (~100cm in width), and stone trails, with water bars and side drains throughout. These techniques, it is noted, will be used as a showcase for further trail building in Eastern counties. See HERE for more details.

The Firefighting Goats of Howth Head.

Pat McGettrick

I could smell the goat's cheese before we saw the goats, in the field next to where the Echiums grow along the Howth coastal path. Although they were introduced to Howth Head in September 2021, my first glimpse of them was on a C Walk on 10th January. The original herd of 25 has grown to 64 and they usually live on Shelmartin HIII. The first Howth goats came from Mulranny, Co. Mayo courtesy of the Old Irish Goats Society breeding and conservation plan. They are recognised as an Irish Native Rare breed; have a unique genetic make-up, and are designated as "at risk" since 2022. There is something majestic and old world" about them in their long shaggy grey coats. They are cared for by goatherd Melissa Jeuken and their role in firefighting is to eat the foliage, particularly gorse and bracken, which reduces the risk of fire. I have been lucky to meet their relatives in Mulranny, and another herd of these goats



has reportedly been deployed to Achill Island where Gunnera tinctoria had taken over virtually every field, garden and grass The goats were such verge. gluttons for Gunnera leaves and stalks that they have cleared it. I can attest to this. A tour of Achill in late 2023 showed no sign of this rampant, ugly, "Giant Rhubarb" plant. Wouldn't it be great if they could munch through Rhododendrons? Read the about goats on www.oldirishgoat.ie.



Mountain Meitheal clearing our path

Mountain Meitheal Ireland (MMI) is a volunteer-based organization that works to make, restore and maintain pathways in various mountain areas. The work undertaken includes repair mountain tracks and trails; water management systems; clearing vegetation and drains; construction of stiles and even repairs to existing bridges. Work is conducted on a Saturday or Sunday from February to November and 'is carried out good humouredly and with a sense of fun'.

There are currently 4 branches. Mountain Meitheal Dublin/ Wicklow that works primarily in the Dublin/Wicklow area. Other branches are in Sligo-Leitrim; Waterford; Galway and Waterford. Meitheal "offers the opportunity to give something back by working on maintaining and protecting our fragile environment in hill, mountain and wilderness areas'. Volunteers (who must be over 18) are welcome to come along on a workday and give it a try. No prior experience is needed, and hands-on training is provided by trained leaders. The work is not all heavy duty: 'light touch' is their motto.

www.mountainmeitheal.ie and Email: mountainmeithealdublinwicklow@gmail.com

Interview with Aurimas Paršonis and Jūratė Paršonienė

Frances O'Rourke

A pure accident led Aurimas Paršonis and Jūratė Paršonienė to hillwalking. After moving from Lithuania in 2006, and before they had a car, they booked a day tour of the Wicklow mountains. "One stop was Glendalough, where we walked to the Upper Lake. Soon after, we got a car, a map and went around the Spinc. It probably took five hours, stopping for pictures. We didn't have the gear so we needed good weather and simple paths." But they always liked nature, explored a lot around Ireland: "We'd drive and see those big hills and think 'We'd love to be in them". The couple - both in their early forties -- had no background in hillwalking. Aurimas explains "Lithuania is very flat, the highest peak is about 300m. That's why I find mountains fascinating, I didn't see them growing up." They continued exploring - and then there was a key moment. "We met Rūta Sinkevičiūtė and Indrė Lukošiūtė in the Lithuanian embassy. Rūta had joined Trekkers - she'd found it through Joe Devine when both had gone to Kilimanjaro." Rūta (who has since left Ireland) encouraged them, and although they lived in Sutton, they signed up through then-chair Myles Duffy for a guest walk. Their first -- a C walk from a Dart station to Poolbeg – wasn't what they'd expected. "But we got information, and people were very welcoming, Our next was a B, then an A walk." They joined Trekkers in 2016 and prioritised A walks.

Growing up, they weren't involved in sport – but were active in national dancing. It's a very big activity in Lithuania, explains Jūratė. "There are festivals every 4 years, when groups from colleges, schools and older people go together; with maybe 20,000 people dancing, singing, and playing music."

Both started dancing when they were 10 and continued into college. They were also both 10-years-old when the Soviet Union collapsed. Before that, says Jūratė, encouraging national dance was "a way of keeping people quiet". Its attraction for young Lithuanians was that it was a way of expressing Lithuanian culture and especially for young people "it was a way to travel outside the Soviet Union, even to America. By the time we got to college, it was not such a big thing." The couple - both from towns in the north of Lithuania-met at college in Kaunas, the second biggest city. Lithuania's economy has flourished, but when they graduated "we felt limited in what we could achieve, living from salary to salary and decided to move". Both 24, they looked for a country in Europe that spoke English and chose Ireland, partly because

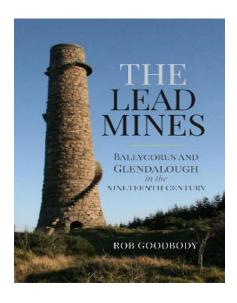
Aurimas had a cousin here. Aurimas had an IT degree, Jūratė a degree in clothing manufacturing/design but "our colleges mean nothing here". Within a month, Aurimas landed a job in Eircom and currently works in the digital team, building the internal customer management system. Jūratė worked as floor assistant in Fallon & Byrne for a few months, then with a clothes manufacturer Styletex, making clothing for high street brands; later she worked in pattern making for John Rocha and now works freelance in the clothing industry. Aurimas has left dance behind, although Jūratė says, a little wistfully, "Dance was my love . . . I did enjoy it." Both are strong hillwalkers: their favourite walk is the Mourne mountains: "On top, in the High Mournes, the views of the Silent Valley are stunning." In Wicklow, Lugnaquilla is Aurimas's favourite, probably because it was the first walk he co-led with Joe Devine and Eddie Murphy. They have notched up an impressive number of walks, abroad and at home: Aurimas, Jūratė and Indrė walked the Dolomites, the Picos (2022) and the Western Pyrenees (2023). They also take map reading & navigation seriously. Aurimas says "if you're leading a group in an unfamiliar place and your phone dies, your only choice is the map and a compass."

They are still amongst the youngest in the club, but it doesn't bother them. "We like the walks and socialising – it's one of the big reasons why people walk." Although they think of home, they're very happy here, find Irish culture more relaxed and friendly than Lithuanian culture, which they say is way more competitive. They even enjoy Irish slagging (Joe & Mark get a mention). Joining Trekkers has been very enjoyable, a way of getting out into nature and meeting totally different people.

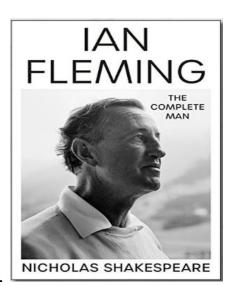


Recommended Books

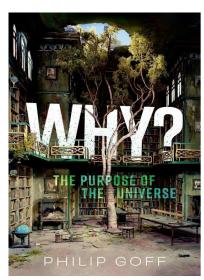
The Lead Mines: Ballycorus and Glendalough in the Nineteenth Century. By Rob Goodbody. A wonderful book - lots of information on areas Trekkers traverse, well recommended, Shirley Henderson



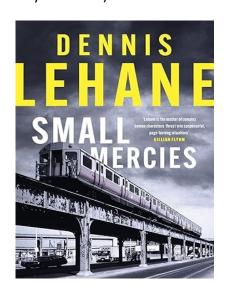
Nicholas Shakespeare's biography, 'Ian Fleming, the Complete Man' is an entertaining account of the life of the James Bond author. He had an adventurous, globe-trotting life, smoked like a chimney and died in his fifties, but the character he created survives. Sean Boyne



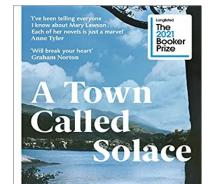
Why? The Purpose of the Universe. By Philip Goff. A contentious area as you may have discovered on Trekker walks! Goff argues it is time to move on from God and atheism, and puts a case for cosmic purpose. A 'thought provoking read.' Vincent Heagney.



Small Mercies by Denis Lehane: A crisis set during the 1970s desegregation of Boston's public schools to the fury of the Irish American residents of Southie. A mother bent on revenge takes on the Irish mafia. (Lehane also wrote Gone, Baby, Gone' & Mystic River') Frances



A Town Called Solace by Mary Lawson: Booker-longlisted novel set in small town Northern Ontario. 3 interconnected stories about love and loss. Quietly gripping from the start, Lawson deftly and movingly weaves her story about seven-year-old Clara, 35-year-old Liam and seventy-something Elizabeth in taut, understated, unsentimental language. Frances O'Rourke





Paul O'Kane reminds members that YouTube is a treasure trove for items of musical interest - you never know what it might lead to. For Americana or Bluegrass, search for Billy Strings, Sierra Ferrell, Molly Tuttle, Tommy Emmanuel, Sierra Hull, Jerry Douglas. If you enjoy Strictly or Dancing With the Stars, look for Nils and Bianca. www.youtube.com









